

## NOTTINGHAM LONGITUDINAL SURVEY OF ACTIVITY AND AGEING (NLSAA)

The aim of the NLSA is to assess physical activity, health and psycho-social status among persons aged 65 +. As well, this longitudinal survey will assess the role of customary physical activity in promoting and maintaining psychological wellbeing among elderly people.

### Listing of study variables & measurement of variables

#### **Sociodemographic:**

- sex
- marital status
- ethnicity
- social class
- occupation
- education
- income
- type of residence
- household composition
- family structure
- social contacts
- family and social support

#### **Psychological:**

- cognition
- life satisfaction
- personality
- health attitudes and beliefs
- life events
- stress assessment
- early life experience

#### **Health:**

- anthropometric
- physiological

#### **Self-reported health:**

- self-rated health
- physical health status
- instrumental ADL
- mental health status
- medication
- medical history

#### **Physical capabilities:**

- maximum handgrip
- joint flexibility - range of shoulder movement
- body weight
- stature skeletal size

#### **Cognitive abilities:**

- 12-item Information/Orientation scale from Clifton Assessment Procedure for the Elderly

#### **Lifestyle:**

- smoking
- exercise/physical activity
- leisure pursuits